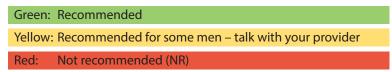
# **Staying Healthy: Recommendations for MEN**



The Veterans Health Administration (VHA) aims to help you stay healthy. The table below lists the **preventive health services** (screening tests, medications, health counseling, and vaccines) that VHA recommends. Screening tests are used to look for health conditions before there are symptoms. These recommendations apply only to adult men of **average risk**. You are a man of average risk if you have **no personal or family history or symptoms** of the conditions listed below. If you are having symptoms of a condition, please talk with your provider.

## Which preventive health services are recommended for average risk men in my age group?



#### **SCREENING TESTS FOR AVERAGE RISK VETERANS**

HEALTH CONDITIONS	18–29 years	30–39 years	40-49 years	50-59 years	60-69	60–69 years		70–79 years		80 years and older	
Abdominal Aortic Aneurysm (AAA)	Not recommended (2gg 18 6/1)							lot recommended age 76 and older)			
Colon Cancer	Not recor		Recommended. ency varies by test chosen (age 45–75)					NR (age 86 and older)			
Depression		Recommended every year									
Hepatitis B Infection		Recommended for some men — talk with your provider (age 18 and older)									
Hepatitis C Infection	Recommended in adults aged 18-79 years										
High Blood Pressure		Recommended every year (age 18 and older)									
High Cholesterol		Talk with your provider (age 20 and older)									
HIV Infection		Recommended once (age 18 and older); annually in Veterans with ongoing risk factors									
Lung Cancer	NOT PERMINANTAL INDUSTRIAL INDUST					some men – talk with your er (age 50–80)				mmended and older)	
Overweight & Obesity	Recommended every year (age 18 and older)										
Prostate Cancer	Not recommended (age 18—54)  Talk with your provider (age 55-69)  Not recommended (age 70 and older)							older)			
Sexually Transmitted Infections	Talk with your provider about testing for syphilis and other sexually transmitted infections (age 18 and older)										

#### **MEDICATIONS**

HEALTH CONDITIONS	18–29 years	30–39 years	40-49 years	50-59 years	60–69 years	70–79 years	80 years and older	
Aspirin to Prevent Heart Attack		Not recommended (age 18–49)		Talk with your pro	vider (age 50–69)	Not recommended (age 70 and older)		

## **HEALTH COUNSELING**

HEALTH CONDITIONS	18–29 years	30-39 years	40–49 years	50-59 years	60–69 years	70–79 years	80 years and older		
Tobacco Use	Recommended every visit (if using tobacco) (age 18 and older)								
Alcohol Use	Talk with your provider about healthy alcohol use (age 18 and older)								
Healthy Diet and Physical Activity	Talk with your provider about a healthy diet and physical activity (age 18 and older)								

### **VACCINES**

HEALTH CONDITIONS	18–29 years	30–39 years	40-49	years	50–59 years	60–69 years	70-79 years	80 years and older		
Hepatitis A	Recommended for some men — talk with your provider (age 18 and older)									
Hepatitis B	Recommended for some men — talk with your provider (age 18 and older)									
Herpes Zoster (Shingles) RZV vaccine		Not recommended (age 18–	49)		Recommended 2 doses (age 50 and older), with second dose 2—6 months after first dose					
<b>Human Papilloma Virus (HPV)</b> HPV9 vaccine	2—3 doses (age 18—26) if series not completed Not recommended (age 46 and older)									
Influenza (Flu) Injectable, Inhaled	Recommended every year (age 18 and older)									
Measles, Mumps, and Rubella (MMR)	Recommended for some men — talk with your provider (age 18 and older)									
Meningococcal Disease	Recommended for some men — talk with your provider (age 18 and older)									
Pneumococcal Disease		Pacammandad for coma m	on talk with y	vour providor	(2go 18 64)	Re	Recommended. At least 1 dose of PPSV23 vaccine (age 65 and older)			
PPSV23 vaccine, PCV13 vaccine	Recommended for some men — talk with your provider				(age 10-04)		Talk with your provider about PCV13 vaccine (age 65 and older)			
Tdap (Tetanus, Diphtheria & Pertussis)	Recommend at least 1 dose (age 18 and older)  (Or for wound management if $>$ 5 years have passed since last tetanus toxoid-containing booster vaccine).									
Td (Tetanus and diphtheria)	Recommended. Booster every 10 years (age 18 and older) (Either Tdap or Td may be used)  (Or for wound management if > 5 years have passed since last tetanus toxoid-containing booster vaccine).									
Varicella (Chickenpox)		ome men - talk with your s if born 1980 or later)								